

RURAL DISTRICT COUNCIL

WELSH BOARD OF HEALTH.  
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OF

TREGARON  
CARDIGANSHIRE.

PUBLIC HEALTH DEPARTMENT  
ANNUAL REPORT

1954



MEDICAL OFFICER OF HEALTH:

I. Morgan Watkin, Ph.D.(Lond.); M.Sc., M.B.,  
B.Ch., D.P.H.(Wales)

SANITARY INSPECTOR AND SURVEYOR:

B. W. James, A.R.San.I., M.S.I.A.

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TREGARON RURAL DISTRICT COUNCIL

Chairman  
1953/54  
Councillor Richard Ebenezer

Chairman  
1954/55  
Councillor John Thomas

18 members including the chairman.

Public health matters are considered by the whole Council.

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Clerk of the Council:- Elwyn Howells, Esq.,  
Council Offices,  
Tregaron.

Tel. No. Tregaron 248.

SPENCER MURAL DIGESTIVE BOARD

Chairman  
1901/02  
President John Thomas

Chairman  
1902/03  
President Richard Thomas

10 members including the chairman.

Twelve members were the members of the committee.

Part of the committee  
Chairman  
1903/04  
President John Thomas



To the Chairman and Members of the  
Tregaron Rural District Council.

PREFACE

It gives me pleasure to present to you the Annual Report of the Health Department for the year ended December 31st, 1954.

An examination of the ensuing pages will show that the health of the inhabitants of the Rural District gives cause for satisfaction. Although afflicted with minor ailments, in common with other parts of the country, the Rural District has not been subjected to any outbreak of serious infectious disease.

The most satisfactory feature of the report is the absence, in 1954, of deaths of infants under one year of age. This is the first time for at least 25 years and probably the first time ever that the Rural District has been able to pride itself upon such an achievement. In the past, the record of the Tregaron Rural District, as I had occasion to report in 1951, was far from satisfactory in this respect and compared very unfavourably with England and Wales as a whole and even more unfavourably with other Rural Districts of the United Kingdom. A number of factors are, no doubt, responsible for the present state of affairs. Better economic conditions, less overcrowding in houses and improved housing in general, together with more enlightened public opinion all play a part. The family doctor, the midwife, the health visitor also deserve a share of the credit.

The water supply of some parts of the Rural District still leaves much room for improvement and no permanently satisfactory solution appears possible until the Teifi Lakes scheme is brought into operation. It must be remembered that the installation of sewerage schemes in the larger villages

PREFACE

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inhabitants of the Rural District shows some improvement. Although  
afflicted with many ailments, in common with other parts of the country,  
the Rural District has not been subjected to any outbreak of serious  
infectious diseases.  
The most satisfactory feature of the report is the absence, in 1934, of  
deaths of infants under one year of age. This is the first time for as least  
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able to make itself free from such an affliction. In the past, the record of  
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from satisfactory in this respect and compared very unfavorably with  
England and Wales as a whole and even more unfavorably with other Rural  
Districts of the United Kingdom. A number of factors are, no doubt,  
responsible for the present state of affairs. Better sanitary conditions,  
less overcrowding in houses and improved housing in general, together with  
more enlightened public opinion all play a part. The Health Service, the  
authorities, the health officer also deserves a share of the credit.  
The better supply of some parts of the Rural District will have much  
to do for improvement and no permanently satisfactory solution appears  
possible until the Public Health Service is brought into operation. It must be  
remembered that the installation of a permanent service in the larger villages



is dependent primarily upon a generous supply of water.

There has been a slight but consistent fall in the notifications of tuberculosis from six in 1952 to four in 1953 and to three in 1954. The result of the visit of the mass radiography unit in November was very satisfactory for, of the 308 persons examined, not one was found to have pulmonary tuberculosis.

The derationing of meat in July resulted in the opening of two private slaughterhouses. Meat inspection at these premises has been carried out by the Sanitary Inspector.

The absence of outdoor staff to carry out the Council's duty under the Prevention of Damage by Pests Act cannot pass without comment. The Sanitary Inspector reports that this service was given virtually no attention. The Council must realise that it is under a statutory duty to carry out the duties laid down in the Act. If it fails to do so, the Minister of Agriculture and Fisheries is empowered to hand over the duties to some other person and charge the Council.

It is with regret that I record the departure of Mr. Pritchard, the Council's Sanitary Inspector and Surveyor, on his taking up another appointment in Caernarvonshire. At the same time Mr. James is welcomed to the new post in which, it is hoped, he will be very happy.

A more detailed account of the Health Department's work will be found in the ensuing pages.

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There has been a slight but consistent fall in the production of

potatoes since 1935 to 1937 and to 1938. The

results of the yield of the same crop in 1938 are very

unsatisfactory for the 1938 season, and the yield is low

in the early part of the season.

The distribution of water in 1938 was not in the opinion of the private

investor, that the distribution of water was not in the opinion of the private

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The absence of water at the time of the Council's meeting under the

provision of water by the Council was not in the opinion of the private

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A more detailed account of the Council's work will be found

in the Council's report.



SUMMARY OF GENERAL AND VITAL STATISTICS

Area (in acres) ... ..	121,546
Population (Census 1951) ... ..	5,450
Population (Registrar General's Mid-Year 1953) .. ...	5,174
Population (Registrar General's Mid-Year 1954) .. ...	5,200
Rateable Value at 1st April, 1954 ... ..	£8,754
Rateable Value at 1st April, 1955 ... ..	£8,874
Sum represented by a penny rate 1953/54 ... ..	£33

		<u>Total</u>	<u>Male</u>	<u>Female</u>
Number of registered live births ... ..	Leg:	52	30	22
	Illeg:	2	1	1
Number of registered still births ... ..	Leg:	2	-	2
	Illeg:	-	-	-
Number of deaths of infants under 1 year .. ...	Leg:	Nil		
	Illeg:	Nil		
Number of deaths of infants under 4 weeks . ...	Leg:	Nil		
	Illeg:	Nil		
Number of deaths of women ascribed to childbirth		Nil		
Number of registered deaths		81	38	43
Areal comparability factor for births ... ..		1.19		
Areal comparability factor for deaths ... ..		0.78		

SUMMARY OF GENERAL AND VITAL STATISTICS

Area (in acres) ... ..	121,346
Population (Census 1951) ... ..	5,480
Population (Registrar General's Mid-Year 1953) ..	5,374
Population (Registrar General's Mid-Year 1954) ..	5,320
Maleable Value at 1st April, 1952 ... ..	62,774
Maleable Value at 1st April, 1953 ... ..	62,674
Sum represented by a penny rate 1952/53 ... ..	619

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GENERAL PROVISION OF HEALTH SERVICES IN THE AREA.

These provisions are essentially the same as in the year 1952. They are briefly as follows:-

- (a) No ante-natal or post-natal clinic is held in the district by the local health authority. Expectant and nursing mothers receive medical advice from their own medical attendants.
- (b) An infant welfare clinic attended by a medical officer of the local health authority is held at Tregaron once a fortnight.
- (c) The domiciliary midwifery service is carried out by the district nurse who is also a State Certified Midwife.
- (d) A health visitor is resident at Pont Llanio and her area covers the greater part of the Rural District.
- (e) Home nursing is in the hands of the district nurse.
- (f) Vaccination is carried out by the person's own medical attendant but immunisation against diphtheria is performed partly by the former and partly by medical officers of the local health authority.
- (g) No ambulance is, at present, stationed at Tregaron. The district is covered by the Aberystwyth and Lampeter stations of the Ambulance Service.
- (h) Arrangements for the prevention of illness consist in periodic talks and advice given by medical officers and the health visitor of the local health authority. Care and after-care are in the hands of the district nurse and of the health visitor. Tuberculosis cases are also followed up by the Chest Physician's health visitor.
- (i) Domestic help is provided by suitable persons engaged locally.
- (j) The town of Aberystwyth, 18 miles distant from the town of Tregaron is the centre upon which the principal general hospital in the county, the infectious diseases' hospital, the maternity home and the Medical Research Council's Area Public Health Laboratory are based.





CAUSES OF DEATH

Registrar General's

Code Number

Number of death

Male    Female    Total

1	Tuberculosis, respiratory...	...	...	...	-	-	-
2	Tuberculosis, other ..	...	..	...	-	-	-
3	Syphilitic disease ...	...	...	...	-	-	-
4	Diphtheria ...	...	...	...	-	-	-
5	Whooping cough .	...	...	...	-	-	-
6	Meningococcal infections	...	...	...	-	-	-
7	Acute poliomyelitis ..	...	...	...	-	-	-
8	Measles ...	...	...	...	-	-	-
9	Other infective and parasitic diseases	...		...	1	-	1
10	Malignant neoplasm, stomach	...	...	...	3	2	5
11	Malignant neoplasm lung, bronchus	...		...	-	1	1
12	Malignant neoplasm, breast	...	...	...	-	-	-
13	Malignant neoplasm, uterus	...	...	...	-	-	-
14	Other malignant & lymphatic neoplasms .	...		...	2	3	5
15	Leukaemia, aleukaemia ...	...	...	...	-	-	-
16	Diabetes ...	...	...	...	-	-	-
17	Vascular lesions of nervous system	...	...	...	5	7	12
18	Coronary disease, angina ..	...	...	...	3	2	5
19	Hypertension with heart disease .	...	...	...	-	1	1
20	Other heart disease .	...	...	...	12	12	24
21	Other circulatory disease .	...	...	...	-	3	3
22	Influenza ...	...	...	...	1	2	3
23	Pneumonia ...	...	...	...	-	3	3
24	Bronchitis ...	...	...	...	3	1	4
25	Other diseases of respiratory system ..	...		...	1	1	2
26	Ulcer of stomach and duodenum ...	...	...	...	-	-	-
27	Gastritis, enteritis and diarrhoea	...		...	-	-	-
28	Nephritis and nephrosis ...	...	...	...	2	2	4
29	Hyperplasia of prostate ...	...	...	...	2	-	2
30	Pregnancy, childbirth, abortion .	...		...	-	-	-
31	Congenital malformations ..	...	...	...	1	-	1
32	Other defined and ill-defined diseases	...		...	2	1	3
33	Motor vehicle accidents ...	...	...	...	-	-	-
34	All other accidents	...	...	...	-	2	2
35	Suicide ...	...	...	...	-	-	-
36	Homicide and operations of war ..	...		...	-	-	-
Total					38	43	81









TUBERCULOSIS

During the year three new cases of tuberculosis were notified. The sex and age distribution are as follows:-

AGE GROUP	RESPIRATORY		NON-RESPIRATORY	
	Male	Female	Male	Female
0 - 4	-	-	-	-
5 - 9	-	-	-	-
10 - 14	-	-	-	-
15 - 19	-	-	-	-
20 - 24	-	-	-	-
25 - 29	-	1	-	-
30 - 34	-	-	-	-
35 - 39	-	-	-	-
40 - 44	-	1	-	-
45 - 49	-	1	-	-
50 - 54	-	-	-	-
55 - 59	-	-	-	-
60 and over	-	-	-	-
Totals	-	3	-	-

MASS RADIOGRAPHY

Three hundred and eight persons, mostly school children, were X-rayed in November. Of these twenty nine were found to be abnormal. None was found to be suffering from pulmonary tuberculosis. The abnormalities included bronchitis (6), bony abnormality (5), bronchiectasis (3), acquired heart disease (3), healed primary pulmonary tuberculosis (4).





SECTION 47 OF THE NATIONAL ASSISTANCE ACT. 1948.

No action was required to be taken under this section during the year.

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The Sanitary Inspector's report is appended as a separate item.

I. MORGAN WATKIN

MEDICAL OFFICER OF HEALTH.

Cardiganshire Joint District Councils,  
Swyddfa'r Sir,  
ABERYSTWYTH.

June, 1955.





ANNUAL REPORT OF THE SANITARY INSPECTOR.

RECORD OF NOTICES SERVED.

Number of Verbal Notices ...	...	...	...	...	11
Number of Informal (Preliminary) Notices	...	...	...	...	-
Number of Statutory Notices	...	...	...	...	-

RESULTS OF SERVICE OF NOTICES:

Number of Verbal Notices complied with .	...	...	...	...	8
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HOUSING:

Tabular Statement on Housing Statistics required by Article 31 of the Housing Consolidated Regulations, 1925:-

(1) Number of Houses found unfit after inspection ...	...	...	...	...	2
(2) Number of Houses in which defects were remedied by Informal Action	...	...	...	...	8
(3) Number of Representations to Local Authority ...	...	...	...	...	2
(4) Number of Notices requiring Execution of Works ..	...	...	...	...	-
(5) Number of Houses rendered fit after Formal Notice	...	...	...	...	-
(6) Number of Demolition or Closing Orders made	...	...	...	...	-
(7) Number of Undertakings accepted	...	...	...	...	-
(8) Number of Houses demolished	...	...	...	...	-

Action under the Housing Acts: Two official representations were made under the Housing Act, 1936, in respect of houses unfit for human habitation. The houses in question were Ynysfach and Brynglas, Bontnewydd.

Action under Public Health Acts: Numerous items of disrepair due to lack of maintenance were dealt with by verbal intimation to the owners of the respective properties.

Housing Survey: Section 1 of the Housing Repairs and Rents Act, 1954, required local authorities to submit to the Minister proposals for dealing with unfit houses in their respective districts. The proposals must be in a form specified by the Minister and must be submitted by 30th August, 1955, unless, exceptionally, the Minister extends the period.

As no figures were available for housing statistics in the Tregaron Rural District it would be very difficult to submit to the Minister proposals for dealing with unfit dwellings and virtually impossible to decide upon any reasonable form of Policy for Housing. In November, 1954, the Council considered a report on the question and subsequently appointed an enumerator to carry out a survey of all houses within the district. It is hoped that when the Housing Survey is completed the statistics thus made available will enable the Council to determine their future attitude to existing substandard dwelling-houses.



Housing Act, 1949 - Repairs and Improvements: Although other requests were made and favourably considered only in one instance was work completed during the year, this being at Cherry Tree, Llanddewi Brefi.

INFECTIOUS DISEASE AND DISINFECTION:

Visits were paid to a number of houses following notifications that infected persons had been admitted to hospital and in appropriate cases steps were taken to disinfect the premises.

DISINFESTATION:

A request was received on behalf of the owner of an unoccupied house for the dwelling to be disinfected. On inspection it was found to be infested with fleas and steps were taken to disinfect the premises.

MEAT AND OTHER FOODS INSPECTION:

General: Numerous visits were paid to shops within the area and inspections were also made of food vehicles.

There were no condemnations of any type of foodstuff, other than meat in slaughterhouses, as a result of inspection; there were no complaints of unsound food.

Meat Inspection: In the latter half of the year two small private slaughterhouses in Tregaron came into operation and fifty seven visits were made for meat inspection purposes. The meat produced was generally of excellent quality and very little meat or offal was condemned. A summary of condemnations is as follows:-

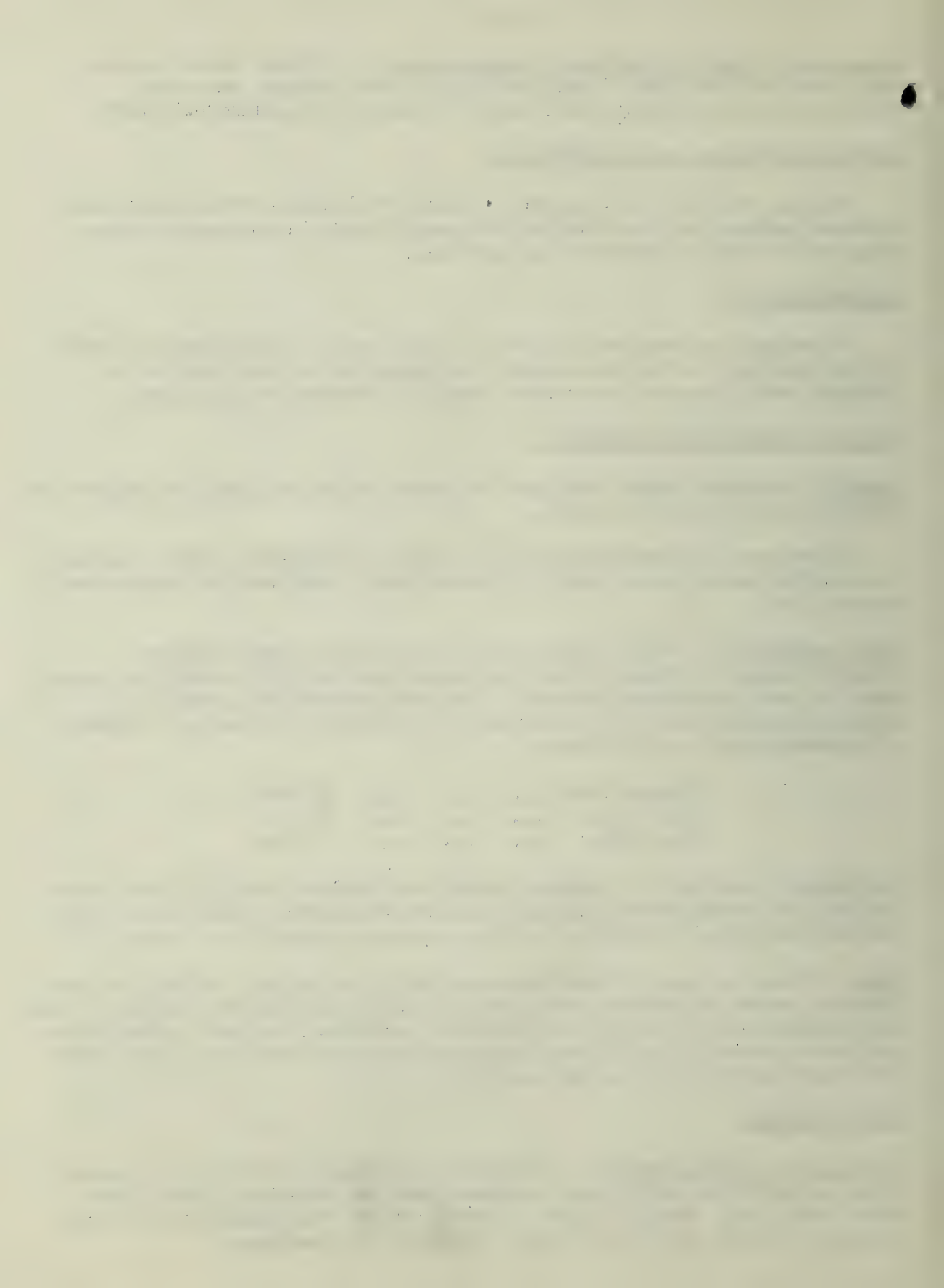
Sheeps liver	...	...	...	1½ lbs.
Fat	...	...	...	½ lb.
Beef liver	...	...	...	5 lbs.

Ice Cream: There are no premises within the Tregaron Rural District where ice cream is manufactured, although six are registered under Section 14 of the Food and Drugs Act, 1938, for the storage and sale of ice cream.

Milk: There are only 4 distributors of milk, as defined, within the area though a number of producer-retailers also retail within the district. Five milk samples were taken and submitted for analysis. Two were satisfactory and three unsatisfactory (though subsequent samples from two of the latter have since proved to be satisfactory).

RODENT CONTROL:

Inadequacy of Arrangements: The Control of Damage by Pests Act requires a local authority to take steps to ensure that the district is free from rats, mice, etc. Owing to lack of outdoor staff this important and very necessary public service was given virtually no attention.





### REFUSE DISPOSAL:

Refuse collection is carried out either weekly or fortnightly in the larger villages and hamlets. The collection is undertaken by a contractor, and the refuse disposed of by controlled tipping at two refuse tips, one being near Tregaron and the other near Ystrad Meurig. Owing to lack of labour little attention was given to the refuse tips and it was impossible to keep them in anything like a reasonable condition.

### FACTORIES ACT, 1937:

There were twenty-one factories as defined in the Act within the Rural District, all of which, with the exception of the Milk Marketing Board's premises at Pont Llanio, were very small concerns, employing only one or two persons. Nineteen of these factories were "factories with power" and two were "factories without power".

A point of interest to note is the fact that in 1947 there were forty-three factories within the area. Thus within the last eight years no less than 22, or just over one-half, of those small factories have closed. The closing of these factories is closely allied with rural depopulation and it appears logical to state that however small were these factories or business they provided work for some of the people. As these workplaces no longer exist surely there is a need to consider whether some form of new industry could be introduced.

### WATER SUPPLIES:

All the larger villages in the rural district have a piped water supply and there are also a number of smaller villages with public supplies. The Council provide a piped water supply to the following places:- Llanddewi Brefi, Tregaron, Llwynygroes, Llangeitho, Pontrhydfendigaid, Ffair Rhos, Pontrhydygroes, Ystrad Meurig and Rhydgaled.

#### Rhydgaled:

This small water scheme was constructed during the year to supply water to five houses at Rhydgaled.

#### Llanddewi Brefi:

As the existing water supply at Llanddewi Brefi is unsatisfactory as regards supply and pressure an augmented scheme has been under consideration for many years. This scheme involves obtaining water from an additional spring and pumping to a new service reservoir at a higher level than the existing spring chamber. Every effort has been made to bring this new scheme into operation but many difficulties, now well known, have been experienced, giving rise to a sense of frustration in councillors, officials and ratepayers. Although at one time it was feared that the ever growing file of correspondence on the Llanddewi Brefi Water Supplies would be merely "A Monument to the Red Tape Which Killed a Water Scheme", some progress was made and Ministry approval is eagerly awaited so as to proceed with the necessary work.





Tregaron:

Very little work was done on the supplementary pumping scheme at Tregaron.

Ysbyty Ystwyth:

There is a considerable need for a piped water supply in this village. A suitable source was investigated and a water scheme was prepared and submitted to the Ministry. The scheme was approved and it is hoped that work will commence in the near future.

Swyddffynnon:

Investigations of a possible source of supply from springs at Tynddraenen Farm proved to be promising. Bad weather has prevented adequate sampling and gauging of the source but there are distinct possibilities that it will be possible to give a piped supply to this village.

Bwlchllan:

A possible source of supply at Bryngalem Farm was investigated. Bad weather had also hampered the work here and it is not yet known whether or not this source will be satisfactory.

Lledrod:

Throughout the year samples and gaugings were taken from a spring at Tynrhelig Farm. Another source was also investigated and proved to be unsatisfactory. It was decided to utilise the water from Tynrhelig and prepare a draft scheme for the village.

Private Water Supplies:

The Cardiganshire Agricultural Executive Committee submitted the results of water samples from ten farms for approval. Approval was refused in one case and the Council's consent was granted for the use of water for domestic purposes in nine farms.

BUILDING:

Council Houses: During the year 38 houses were completed and occupied; 6 at Llwynygroes, 10 at Pontrhydygroes and 22 at Pontrhydfendigaid.

Building work commenced at two sites, viz: Tregaron and Llangeitho where 10 and 6 houses, respectively are to be built.

Private Houses: Three private houses were in the course of construction, and one dwelling was completely modernised after the owners had received a grant under the Housing Act, 1949.

Building Byelaws: A large number of inspections were carried out to determine whether or not the requirements of the building byelaws were being observed. Numerous instances of non-compliance were detected and after these were pointed out to the builders concerned the defects were remedied.

Thirteen plans for new buildings or alterations to existing buildings were considered and approved.

Very little work was done on the supplementary pumping scheme at Trogan.

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Public Buildings:

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BUILDING:

Council Houses: During the year 38 houses were completed and occupied; 6 at Trogan, 10 at Pontyhygroes and 22 at Pontyfrith.

Bidding work commenced at two sites, viz Trogan and Llangatfan where 10 and 6 houses, respectively are to be built.

Private Houses: Three private houses were in the course of construction and one dwelling was completely completed after the owner had received a grant under the Housing Act, 1949.

Public Buildings: A large number of inspections were carried out to determine whether or not the requirements of the building bye-laws were being observed. Numerous instances of non-compliance were detected and after these were pointed out to the builders concerned the defects were remedied.

Thirteen plans for new buildings or alterations to existing buildings were considered and approved.



Demand for new houses: The Council's housing programme has progressed well and houses have been erected in all the larger villages. The difficulty of letting houses at Llwynygroes and even in the larger village of Pontrhydfendigaid indicates that the demand for houses is almost satiated. However there is a further demand for more houses in Tregaron itself. It does not appear that the 10 houses now being built will be sufficient to meet this demand and the Council should consider whether or not to erect others. Consideration might well be given to building a number of smaller, cheaper houses for older people, either single persons, or married without children.

Maintenance of Council Properties: A considerable amount of work was done in the examination, maintenance and repair of Council properties. There were at the 31st December, 1954, 78 Council Houses with another 16 in course of erection and a further 10 planned. However, a far greater amount of maintenance work, including painting, requires to be done not only to the houses but also to the offices, cattle market and sanitary conveniences. Great difficulty is being experienced in carrying out repairs etc. owing to lack of labour.

B. W. JAMES, A.R.San.I., M.S.I.A.,

SANITARY INSPECTOR AND SURVEYOR.

Council Offices,  
Tregaron.  
Cardiganshire.

Demand for new houses: The Council's housing programme has progressed well and houses have been erected in all the larger villages. The difficulty of locating houses at Liverpool and even in the larger village of Penarth indicates that the demand for houses is almost unlimited. However there is a further demand for more houses in Liverpool itself. It does not appear that the 10 houses now being built will be sufficient to meet this demand and the Council should consider whether or not to erect others. Consideration might well be given to building a number of smaller, cheaper houses for older people, either single persons, or married without children.

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B. W. JAMES, A.R.S.M.I., M.B.E., A.I.A.

SANITARY INSPECTOR AND SURVEYOR.

Council Offices,  
Liverpool  
Condensation.